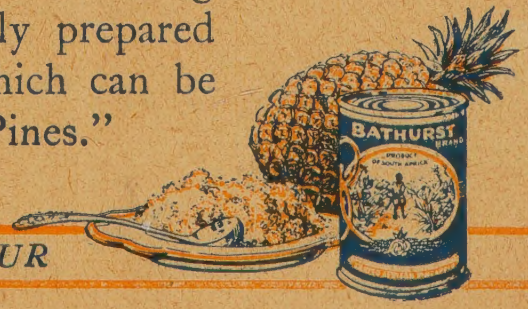
PINEAPPLE DAINTIES

Some specially prepared Recipes for the use of South African Grated Pine Apple.

WELLCOME INSTITUTE
LIBRARY
Coll. welMOmec
Coll. pam
No. QT 235
1 91 *
A 25p

South African Pineapple

"SAKABULA" and "Gold Reef" Pines are, for the convenience of the public, put up in three different ways, *i.e.*, Slices, Chunks and Grated. The Grated—the same quality as the slices and chunks, only packed in its own juice instead of in syrup—is especially prepared and is convenient for use in ice cream, sherbet, fruit salads, pies, puddings, and all kinds of fancy sweets. With the aid of one of the leading authorities on cooking, we have compiled in this booklet the following recipes for a number of specially prepared dainty and appetizing dishes which can be easily made from our "Grated Pines."



EXQUISITE IN FLAVOUR AND COLOUR

South African "Grated Pines" are put up under the following brands : "Bathurst," "Langholm," and "Sakabula." Ask your grocer for one of these, and be sure you mention "South African."

Presented by

African Canning & Packing Corporation,
Limited,
Port Elizabeth, South Africa.

LONDON ADDRESS:

36, New Broad Street, E.C.2.

[*Recipes Copyright.*]

INSIST on "SOUTH AFRICAN"

RECIPES

PINEAPPLE SOUFFLÉ

Ingredients : 2 ozs. butter, 2 ozs flour, gills milk, ½ oz. castor sugar, 3 eggs, a few drops of vanilla essence, and half a teacupful of Grated African Pineapple.

METHOD : Melt the butter in a sauce-pan, stir in the sifted flour, add the milk and stir over the fire until the mixture leaves the sides of the pan. Cool a little, then add the yolks of eggs, sugar, Pineapple and vanilla essence. Lastly stir in the stiffly-whisked whites of eggs. Pour the mixture into a prepared soufflé tin and steam for about 40 minutes. When firm turn out very carefully on to hot dish, serve with hot pineapple sauce Sauce : Mix ½oz. cornflour with 1½ gills of water, boil up, whilst stirring add ½oz. castor sugar, 2 tablespoonfuls of grated Pineapple. Boil for a few minutes and add one tablespoonful of marsala or sherry, or a few drops of vanilla essence.

PINEAPPLE ROLY-POLY

Ingredients : ½-lb. flour, ¼-lb. suet, half a tea-spoonful of baking powder, a pinch of salt, half a tin of Grated African Pineapple, bread crumbs and 1 oz. of moist sugar.

METHOD : Prepare a light suet crust with the finely chopped beef suet, flour, baking powder, salt, and the needed quantity of cold water to make a fairly consistent paste. Roll this out thinly and on it place a thin layer of previously drained Grated African Pineapple, also sprinkle over with fine bread crumbs and sugar. Wet the end portion of the paste and roll it up. Tie up the paste, roll loosely in a floured pudding cloth and boil steadily for about three hours. Dish up pudding, remove cloth, and serve with hot Pineapple sauce.

EXQUISITE IN FLAVOUR AND COLOUR

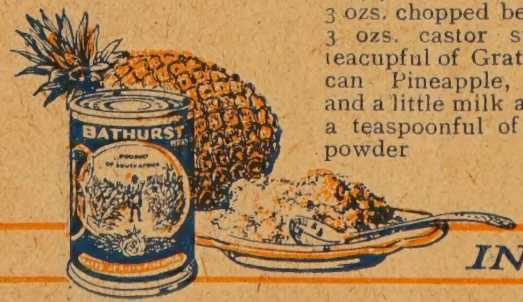
QUEEN PUDDING

Ingredients: 3 ozs. flour (sifted), 1 oz. glacé cherries, 3 ozs. castor sugar, 3 ozs. butter, 3 eggs, the grated rind of half a lemon, half a teaspoonful (heaped up) of baking powder and half a teacup of Grated African Pineapple.

METHOD : Cream the butter and sugar in a mixing basin, then add the eggs one by one, and stir well. Add the flour, mix well, then add the cherries cut up small, the lemon rind, the Pineapple, and lastly, the baking powder. Put the mixture into a greased pudding mould and bake for about 30-40 minutes in a moderately-heated oven. Turn out on to a hot dish and serve with sweet sauce or fruit syrup.

PINEAPPLE PUDDING

Ingredients: 5 ozs. flour, 4 ozs. bread crumbs, 3 ozs. chopped beef suet, 3 ozs. castor sugar, a teacupful of Grated African Pineapple, 1 egg and a little milk and half a teaspoonful of baking powder



METHOD : Mix all the dry ingredients in a basin, add the Pineapple, the beaten egg, and, if found necessary, a little milk. Pour the mixture into a greased pudding basin, cover with greased paper and steam for about 2½ hours. Then turn out on to a hot dish and serve with a sauce made of two tablespoonfuls of Grated Pineapple diluted with ½ gill of water and a squeeze of lemon. Heat this up and pour round the pudding.

PINEAPPLE SNOW

Ingredients: 2 ozs. crushed tapioca, 1 tin Grated African Pineapple, 2 ozs. sugar, a few drops vanilla essence, 1½ pints water, whipped cream or custard.

METHOD : Soak the tapioca for several hours in cold water. Strain and cook in 1½ pints of boiling water, stir well until the tapioca is cooked and transparent. Stir in the sugar, pineapple and vanilla. Pour into a glass dish when cool and when cold serve with cream or custard.

INSIST on "SOUTH AFRICAN"

PINEAPPLE AMBER

Ingredients: 1 Tin Grated African Pineapple, 3 eggs, 1 oz. castor sugar, 1 dessert spoonful of grated lemon rind, and s ort crust pastry.

Method: Put the contents of a tin of Grated Pineapple into a mixing basin, add the sugar, yolks of eggs and lemon rind, and mix. Pour this into a pie dish previously decorated with short crust pastry half-way down the pie dish. Cook in moderately-heated oven for about 30 minutes. Beat the whites of eggs very stiffly and pile them on top of the pudding, decorate the surface tastefully with halves of glacé cherries —dredge with castor sugar and finish baking in fairly hot oven, so that the top acquires a nice fawn brown colour.

PINEAPPLE PHILLIP

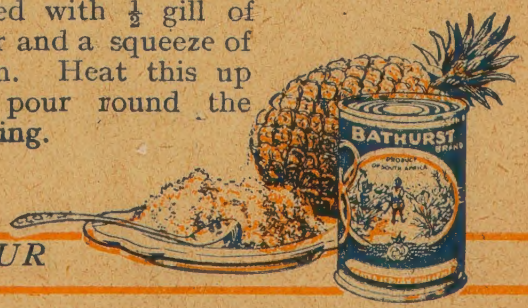
Ingredients: 6 eggs, 1 tin Grated African Pineapple, 4 ozs. fine sugar, 1 gill port or juice of 3 lemons.

Method: Put the pineapple into six glass tumblers, cream the yolks of eggs with the sugar in a basin until thickened and add the port or lemon juice. Pour a little over the fruit in each glass. Whisk the whites stiffly and pile on top and serve cold.

BATHURST PUDDING

Ingredients: ½ lb. flour, ¼ lb. golden syrup, 2 ozs. chopped suet, ½ teacupful of Grated African Pineapple, 1 teaspoonful of ground ginger, 1 egg, ¼ teaspoonful of carbonate of soda, a little milk.

Method: Sieve the flour into a mixing basin, and the suet, ginger and Pineapple, also the treacle and beaten egg. Lastly add the soda dissolved in a little milk. Mix all well together, and pour into a greased pudding basin, cover with a buttered paper and steam for about 2½ hours. Serve with the sauce made of two tablespoonfuls of Pineapple diluted with ½ gill of water and a squeeze of lemon. Heat this up and pour round the pudding.



EXQUISITE IN FLAVOUR AND COLOUR

PINEAPPLE CUP PUDDINGS

Ingredients: 3 ozs. beef suet, 6 ozs. flour, 2 ozs. castor sugar, 2 ozs. sultanas, 1 egg, ½ teaspoonful of baking powder, a pinch of salt, and half a tin of Grated African Pineapple.

Method: Remove the skin from the suet and chop it very finely. Put it in a mixing basin with the flour, sugar, sultanas, baking powder and salt. Beat up the egg with the pineapple and stir in the dry ingredients. Mix all thoroughly and fill into small well-greased timbale or cup moulds. Cover each with pieces of buttered paper, and steam for about 1½ hours, or else bake in a fairly hot oven for about an hour. Turn out the shapes into a hot dish and serve with sweet sauce or fruit syrup.

PINEAPPLE CUSTARD

Ingredients: ¼ Tin Grated African Pineapple, 3 eggs, ¾ pint milk, 1 oz. sugar, and a few drops of vanilla essence.

Method: Beat up the eggs in a basin, add the sugar, vanilla essence and milk. Lastly stir in the pineapple. Pour this into a buttered dish and stand this in a tin of cold water. Bake in a moderate oven for ¾ hour until set. Serve hot or cold.

FROSTED PINEAPPLE TART

Ingredients: Short crust paste, ½ pint thick custard, ½ tin drained Grated African Pineapple, the grated rind and juice of half a lemon, 2 ozs. currants or glacé cherries cut into small pieces, ½ oz. sugar, and the white of an egg.

Method: Line a tart tin or enamel plate with short crust paste. Mix the custard, pineapple, lemon rind and juice, currants and sugar together. Pour this into the prepared tin and bake for about half an hour in a fairly hot oven. Whisk the white of an egg stiffly. Pile it on top of the fruit custard, sprinkle over a little castor sugar, and brown in the oven.

INSIST on "SOUTH AFRICAN"

BAKED APPLES WITH PINEAPPLE

Ingredients: 6 large apples, 1 oz. butter, 1½ ozs. cake crumbs, ½ tin Grated African Pineapple.

Method: Wipe, peel and core the apples. Place them on a greased baking tin. Mix the sugar, cake crumbs, pineapple and melted butter together. Fill the cavities of the apples with this mixture and bake them in a fairly hot oven for about ¾ hour until the apples are quite cooked and soft. Serve hot or cold.

JAMAICA FRUIT SALAD

Ingredients: 1 Tin drained Grated African Pineapple, 3 large oranges, 2 bananas, 1 lettuce, and about ¼ pint mayonnaise sauce.

Method: Cut the oranges in half and carefully remove the interior part from the rind. Take off the pith and remove the pips. Cut the orange into small pieces, peel and slice the bananas. Mix these and the pineapple with the mayonnaise. Then fill up the orange cases and serve them on a bed of well-washed and drained lettuce leaves.

LANGHOLM FRUIT CUP

Ingredients: 6 bananas, 1 tin of Grated African Pineapple, a few glacé cherries, 1 packet raspberry jelly, whipped cream or chopped walnuts.

Method: Make the jelly as directed. Peel and slice the bananas, half-fill custard glasses with the pineapple, cover with slices of banana, pour over enough cool jelly to cover, and stand on ice or in a cool place to set. Decorate with whipped cream or nuts and a few glacé cherries cut into pieces.

The use of "Grated" Pineapple is highly recommended for Fruit Puddings, Fruit Pies, Ice Creams, and other Sweet Dishes.

EXQUISITE IN FLAVOUR AND COLOUR

PINEAPPLE SHERBET

Ingredients: 1 Tin Grated Africa Pineapple, the juice of two lemons, 1 quart of cold water, and about 2 ozs. of castor sugar.

METHOD: Put the Pineapple into a bowl, add the lemon juice, water and sugar. Cover and put it on the ice for two or three hours. Strain and serve. NOTE.—The strained fruit may be used for many other recipes.

PINEAPPLE & BANANA CUP

Ingredients: 6 bananas, 1 tin Grated African Pineapple, 2 ozs. fine sugar, a few glacé cherries, ¼ pint cream.

METHOD: Peel and slice the bananas. Put the pineapple into the serving cups and cover with slices of banana, sprinkle over some fine sugar. Put a spoonful of whipped cream on top and decorate with halves of glacé cherries and a few strips of baked almonds.

NELSON FRUIT PUDDING

Ingredients: 6 firm bananas, 1 tin Grated African Pineapple, ¼ lb. finely chopped beef suet, 2 eggs, ½ gill milk few drops of vanilla essence, 1 teaspoonful of baking powder.

METHOD: Peel and chop the bananas, put them into a basin with the dry ingredients and add the pineapple, beaten eggs, vanilla, and milk if necessary. Pour the mixture into a greased basin, cover and steam for about 2½ hours. Turn out on to a hot dish and serve with sweet sauce or fruit syrup.

BATHURST JULEP

Ingredients: 1 tin Grated African Pineapple, ¼ pint gin, ¼ pint strawberry syrup, juice of two oranges, ¾ gill Maraschino, ¾ lb. crushed ice, 1 bottle soda water, 1 bottle white wine.

METHOD: Put the syrup, gin, strained orange juice, maraschino and ice into a jug, add the pineapple, wine and lastly the soda. Serve in small glasses.

INSIST on "SOUTH AFRICAN"

PINEAPPLE MOULD

Ingredients: 1 tin Grated A rican Pineapple, 1 oz. gelatine, ¾ gill of water, 3 ozs. castor sugar, ½ pint of custard.

METHOD: Melt the gelatine slowly in a saucepan with the water. Mix the sugar, Pineapple and custard in a basin, lastly strain in the dissolved gelatine. Sit until cool and just beginning to set. Then pour it into a previously wettened mould and leave in a cool place to set. To serve, dip the mould in tepid water for a few seconds and turn out on to a glass or other suitable dish.

PINEAPPLE TRIFLE

Ingredients: 3 sponge cakes, ½ tin Grated African Pineapple, ¾ pint custard, a few glacé cherries to garnish.

METHOD: Cut the sponge cakes into thick slices, spread them over thickly with Pineapple, cut each slice into half and pile in a glass dish. Note: If liked, a little sherry or port may be poured over the cakes. Pour over the previously cooled custard, decorate the top to taste with a few halves of glace cherries, and serve cold with whipped cream.

PINEAPPLE OMELET

Ingredients: 3 eggs, ½ oz. sugar, about half a teacupful of drained Grated African Pineapple, and about ¾ oz. butter.

METHOD: Beat the eggs in a basin, add the sugar. Melt the butter in an omelet pan. Stir in the eggs until the mixture is setting. When firm put in the previously heated Pineapple in the centre, fold in the ends immediately. Brown slightly on one side, and turn on to a hot dish. Sprinkle over a little castor sugar, and serve at once.

The use of "Grated" Pineapple is highly recommended for Fruit Puddings, Fruit Pies, Ice Creams, and other Sweet Dishes.

EXQUISITE IN FLAVOUR AND COLOUR

PINEAPPLE AND NUT SALAD

Ingredients: 1 Tin drained Grated African Pineapple, small cabbage lettuce, ¼ lb. shelled walnuts, 2 cooked potatoes, 1 apple, 1 stick of celery, and about ¼ pint mayonnaise sauce.

METHOD : Cut the potatoes into small cubes. Peel, core and cut the apple into dice. Mix all with the pineapple and walnuts divided into small pieces. Arrange the lettuce, well-washed and drained, as a border round a salad bowl. Then put the mixture carefully in the centre of the salad bowl and coat with mayonnaise sauce. It is then ready to serve.

FRUIT SALAD

Ingredients: 1 Tin Grated African Pineapple, 3 bananas, 3 ozs. loaf sugar, 1 gill water. Also other fruit such as strawberries, cherries, oranges. Vanilla essence or liqueur to flavour.

METHOD : Boil the sugar and water to a syrup and let cool. Put the Pineapple and bananas peeled and sliced into a bowl. Add other prepared fruits cut up into pieces. Flavour the syrup with vanilla essence or any kind of liqueur. Pour it over the fruit and stand on ice or in a cool place until required.

Serve plain or with cream.

TOMATOES WITH PINEAPPLE

Ingredients: 6 large firm tomatoes, 2 ozs shelled shrimps, about a ¼ pint firm mayonnaise sauce, ½ teacupful drained Grated African Pineapple, Lettuce or cress for garnish and seasoning.

METHOD : Dip the tomatoes for a few minutes in boiling water and skin them. Cut a small hole in the top of each and scoop out carefully some of the interior. Mix the chopped shrimps, mayonnaise and Pineapple together. Season to taste with salt and pepper. Fill the cavity in each tomatoe with this.

Serve on a dish garnished with lettuce or cress, previously washed and drained.

INSIST on "SOUTH AFRICAN"

LIST OF RECIPES

	PAGE		PAGE
Pineapple Soufflé	3	*Jamaica Fruit Salad*	7
Pineapple Roly-Poly	3	*Langholm Fruit Cup*	7
Queen Pudding	4	*Pineapple Sherbet*	8
Pineapple Pudding	4	*Pineapple and Banana Cup*	8
Pineapple Snow	4	*Nelson Fruit Pudding*	8
Pineapple Amber	5	*Bathurst Julep*	8
Pineapple Phillip	5	*Pineapple Mould*	9
Bathurst Pudding	5	*Pineapple Trifle*	9
Pineapple Cup Pudding	6	*Pineapple Omelet*	9
Pineapple Custard	6	*Pineapple and Nut Salad*	10
Frosted Pineapple Tart	6	*Fruit Salad*	10
Baked Apples with Pineapple	7	*Tomatoes with Pineapple*	10

The use of "Grated" Pineapple is highly recommended for Fruit Puddings, Fruit Pies, Ice Creams, and other Sweet Dishes.

EXQUISITE IN FLAVOUR AND COLOUR

WHERE YOU CAN BUY SOUTH AFRICAN GRATED PINEAPPLE

LONDON.

Harrods	Brompton Road, S.W.
Selfridges	Oxford Street, W.
Whiteleys	Queens Road.
Haymarket Stores	Haymarket.
Robert Jackson & Co., Ltd.	172, Piccadilly, W.
Gamages	Holborn, W.C.1.
Buszards	Oxford Street.
Moore Bros.	3, Arthur Street, E.C.4.
,, ,,	66, Notting Hill Gate.
,, ,,	58, Brompton Road.
,, ,,	327, Fulham Road.
Phillips Stores	Battersea : 306, Battersea Park Road.
,, ,,	Brixton : 42, Atlantic Road.
,, ,,	Islington : 25, Chapel Street.
Oliver Hockley, Ltd.	Monument Street.
Fenn & Hexton	Long Acre.
Everetts' Stores	St James' Street, E.17.
Close & Co.	418, Edgware Road, W.2.
Mr. G. A. Green	7, Commercial Street, E.
Messrs. F. W. Essex & Sons	12, Broadway, Deptford, S.E.8 and Branches.

WHERE YOU CAN BUY SOUTH AFRICAN GRATED PINEAPPLE

PROVINCES.

Martin Bros.	514, Stratford Road, Birmingham and Branches.
Warriner & Mason	Digbeth Road, Birmingham and Branches.
B.H.S.A. Ltd.	Birmingham and Branches.
E. Cohen, Ltd.	Wrentham Street, Birmingham and Branches.
T. Tombs & Co., Ltd.	41, Auckland Road, Sparkbrook, Birmingham and, Branches.
Meeke & Borella	41, Horse Fair, Birmingham and Branches.
Green & Dawes	Suffrage St., Smethwick, Birmingham and Branches.
J. Ludlam	212, Grove Lane, Smethwick, Birmingham.
S. King & Co.	92, Dale End, Birmingham and Branches.
A. Lee	Market Hall, Birmingham.
G. G. King	25, Market Street, Hanley.
Goodyears' Bakeries	Windmill Lane, Smethwick, Birmingham.
A. Tidmarsh	21, Castle Street, Birmingham.
F. Morgan	Vicarage Place, Walsall, Birmingham.
J. B. Ward & Sons	217-219, New Road, Portsmouth.